

Mittens Regulations WAKO 2023



PARAKICKBOXING
Inclusive



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Definition

Adapted sport:

Adapted sport is understood to be that physical-sporting activity that is susceptible to accept modifications to enable the participation of people with physical, intellectual or sensory disabilities.

Modality Paos or mittens:

It is an assault where different types of technical and tactical combinations from kickboxing are carried out by hitting the paos, mittens or churros placed by the counter-mittens.

Rhythm

The techniques and movements will be carried out with the greatest possible speed, control and precision of movements.

Duration

The time starts at the start of the first combination after the salute to the judges. The duration of the round will be between 0.45" and 1'30".

In case of non-compliance with this rule, the Chief Referee will ask for a deduction of 0.5 points.

The two timekeepers will start the clock when the competitor starts their first combination.



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Qualifiers (National Championships)

All age groups and categories, when there are more than four competitors, will have heats.

The four competitors with the highest score (three and the previous year's winner, if decided by the Technical Committee) will compete again on the final day of the tournament.

The winning competitors of the previous Championships may be shortlisted for the qualifiers.

The competitor with the lowest score in the heat will act first and the competitor with the highest score will act last.

The competitor with the highest score in the finals will be declared the winner.

Age

For the paos or mittens competitions, the age categories are:

Children's (CH)	7, 8 and 9 years old.
Junior Cadets (YC)	10, 11 and 12 years old.
Senior Cadets (OC)	13, 14 and 15 years old.
Junior (J)	16, 17 and 18 years old.
Senior (S)	From 19 to 39 years old.
Veterans (V)	+ 40 years

Age Specifications by Categories

The age categories are the same in both the men's and women's categories, in all FEKM championships.

A competitor will be placed in an age category according to their date of birth.

Age Category Specifications





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Children (CH) 7, 8 and 9 years old.

It runs from the day you turn 7 to the day before your 10th birthday.

Category of Junior Cadets (YC) 10, 11 and 12 years old.

It runs from the day you turn 10 to the day before your 13th birthday.

Senior Cadet Category (OC) 13, 14 and 15 years old.

It runs from the day you turn 13 to the day before your 16th birthday.

Junior Category (J) 16, 17 and 18 years old.

It runs from the day you turn 16 to the day before your 19th birthday. If a Junior, who is 18 years old, decides to compete as a Senior in a World, Continental or National Championship, cannot compete as a Junior again, he must remain within the Senior category in all other Championships in which he participates.

Explanation. However, a Junior who has competed in his last year as a Senior, in a World or Continental Championship, may continue to compete as a Junior in the other International Championships, except the one mentioned above.

Senior Category (S) 19 to 39 years old

It ranges from the day you turn 19 to the day before your 40th birthday.

Veteran Category (V) over 40 years old.

Includes those over 40 years of age

Specification during a championship/tournament

In the event of a Tournament's birthday, the person competing may finish the Tournament in the youngest age category.

The duration of a Tournament is defined from the day of the official weight/registration until all finals have concluded

Sports Classes





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Physical or motor:				
Physical disability	DF1	Wheelchair		
		DF11	Lower body involvement	
		DF12	Lower and upper body involvement	
Physical disability	DF2	Hypertonia, short stature, limb deficiency, leg length deficiency, passive range of motion deficiency		
		DF21	Ataxia and/or athetosis	
		DF22	Deficiency in muscle power or hypertonia	
		DF23	Limb deficiency or amputations	
			DF231 Upper	DF232 Lower
		DF24	Short	
		DF25	Passive Range of Motion	
	DF3	Cerebral palsy	Hemiplejia	
		Paraplejia		
		Tetraplejia		
		Displayia		
		Monoplejia		
		The cerebral palsy (CP) category includes the possibility of competing, if necessary, with a support person.		

Visual impairment:

Partially seer (B3)	Visual sharpness from 2/60 to 6/60 Field of view from 5 to 20 degrees
Partially seer (B2)	Visual acuity from 2/60 Field of view of less than 5 degrees



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Totally or almost totally blind (B1)	They do not perceive lights or perceive lights, but in shapes
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Intellectual disability:

Down syndrome (DS)	Mild (L)	IQ between 50-55/70	Individual	
	Moderate (M)	IQ between 50-55/35-40	Individual	Supported
	Record the Deep (G)	IQ <40		Supported

Intellectual Disability (ID)	Mild (L)	IQ between 50-55/70	Individual	
	Moderate (M)	IQ between 50-55/35-40	Individual	Supported
	Record the Deep (G)	IQ <40		Supported

Autism Spectrum Disorder (ASD):

Autism Spectrum (T)		IQ >75	Individual	
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Legitimation

In all Championships, an official document (passport, ID card, driver's license, family book...) must be presented to confirm the age of the participants.

In order to compete, each athlete has previously had to go through a classification process, in which they will be awarded the sport class. This ranking seeks to ensure that all competitors can compete on an equal footing.

Uniforms

- Any type of legally recognized kickboxing uniform can be worn.
- In ring styles, competitors can compete in shorts and a t-shirt, while in



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tatami styles they can wear long pants and a t-shirt or the top of the uniform.

- Competitors are not allowed to wear ornamental objects, jewelry, or piercings of any kind.

Order and criteria for judging

Judges must take into account, before rendering any decision:

- The basics: stances, punches, kicks, and blocks, according to the basic technique of the original style.
- Balance: strength, focus (perfect balance and energy when performing the movements when coming into contact with the sticks).
- Degree of difficulty: kicks, jumping kicks, spinning kicks, meaningful movements and variety in combinations.
- Synchronization: improvement in the execution and coordination between the movement and the placement of the mittens.
- Talent: The presence and involvement of the competitor in the presentation of the different combinations during the round.

Punctuation

Once the performance of a musical form is finished, a chief referee and four judges must judge it and award the following scores:

- In the Children's and Cadet Championships 7.0 to 10
- At the Junior Championships 7.0 to 10
- At the Senior Championships 7.0 to 10
- At the Veterans Championships 7.0 to 10

Important note: In International Championships and Opens there may be a head referee and 6 judges.

At the end of each performance, the judges make their decisions according to the established criteria.

The head referee, once the competitor has finished his performance, will



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inform the judges about the number of points to be deducted.

At the command of the head referee, they shall hold up their scoreboards, visible to competitors and the public, and hold them in the air until all scores have been recorded by the official in charge.

The highest and lowest scores will be discarded, the remaining three or five scores will be added together to get the final score.

The winner is the competitor with the highest score.

- In the event of a tie for first, second or third place, the highest and lowest score are eliminated.
- If there is still a tie, both competitors will have to re-perform their exercise.

Tatami Size

- The area for musical forms will be 10x10 meters.
- The tatami area must be free of tables and chairs with a distance of one meter.
- There will be no people behind the judges' scoring panels.
- Competitors who step outside the tatami area will be deducted 0.5 as a penalty, unless the tatami area is less than 10x10 meters, in which case there will be no penalty for stepping outside the zone.

Negative points

- 0.5 will be deducted if the competitor makes unpermitted moves.
- 0.5 will be deducted if the competitor hits the counter-mittens on the body.
- 0.3 to 0.5 points will be deducted if the competitor wears jewelry or piercings of any kind (i.e. earrings, rings, piercings, chains, bracelets, ...)
- Minimum scores if the competitor interrupts their exercise before the end.
- If the competitor says profanity, rude words, etc., he/she will be disqualified.
- Competitors who leave the tatami during the execution of the techniques will have a penalty of 0.5. As long as the tatami has the measurements of 10x10, if they are lower they will not have a penalty for coming off.



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Preselection

The competitors will be pre-selected, i.e. the 1st, 2nd and 3rd classified in the previous Championship. If any of the top three from the previous championships are not present, they will lose their position.

For the assignment of the order of competitors who are not pre-selected, the following procedure will be followed:

The names of all competitors, not shortlisted, will be written on a list. Numbered balls will be taken out of a bag. The first number drawn will be assigned to the first name written on the list, and so on until all competitors have a number assigned.

Once finished, this will be the order in the competition.